

Reality Is Plastic The Art Of Impromptu Hypnosis

"If you want to understand the most immersive new communications medium to come along since cinema... I'd suggest starting with Mr. Bailenson's [book]." —Wall Street Journal Virtual reality is able to effectively blur the line between reality and illusion, granting us access to any experience imaginable. These experiences, ones that the brain is convinced are real, will soon be available everywhere. In *Experience on Demand*, Jeremy Bailenson draws upon two decades spent researching the psychological effects of VR to help readers understand its upsides and possible downsides. He offers expert guidelines for interacting with VR, and describes the profound ways this technology can be put to use to hone our performance, help us recover from trauma, improve our learning, and even enhance our empathic and imaginative capacities so that we treat others and ourselves better.

On Looking begins with inattention. It is about attending to the joys of the unattended, the perceived 'ordinary.' Horowitz encourages us to rediscover the extraordinary things that we are missing in our ordinary activities. Even when engaged in the simplest of activities like taking a walk around the block, we pay so little attention to most of what is right before us that we are sleepwalkers in our own lives.

The Artist as Culture Producer: Living and Sustaining a Creative Life is a collection of essays by 40 visual artists. Edited by artist and educator Sharon Loudon, the book describes how artists extend their practices outside of their studios. All of these contributors have impactful, artistic activities as change agents in their communities. Their first-hand stories show the general public how contemporary artists of the twenty-first century add to creative economies through their 'out-of-the-box' thinking while also generously contributing to the well-being of others. Although there is a misconception that artists are invisible and hidden, the truth is that they furnish measurable and innovative outcomes at the front lines of education, the non-profit sector, and corporate environments.

A stunning novel by the bestselling National Book Award-winning author of *White Noise* and *Underworld*. Since the publication of his first novel *Americana*, Don DeLillo has lived in the skin of our times. He has found a voice for the forgotten souls who haunt the fringes of our culture and for its larger-than-life, real-life figures. His language is defiantly, radiantly American. In *The Body Artist* his spare, seductive twelfth novel, he inhabits the muted world of Lauren Hartke, an artist whose work defies the limits of the body. Lauren is living on a lonely coast, in a rambling rented house, where she encounters a strange, ageless man, a man with uncanny knowledge of her own life. Together they begin a journey into the wilderness of time, love and human perception. *The Body Artist* is a haunting, beautiful and profoundly moving novel from one of the finest writers of our time.

The Body Artist

*The Subtle Art of Not Giving a F*ck*

The Teaching Tales of Milton H. Erickson, M.D.

A Manifesto

Comply with Me

The Essential Guide to Neuro-Linguistic Programming

Special Effects, Technology, and the Emergence of 1970s Blockbuster Aesthetics

The Artist's Reality

The hypnotic methods and philosophies of Freddy H Jacquin. BScHow to use hypnosis to help others, and yourself overcome any perceived limitation.

Presents over one hundred "teaching tales" of the hypnotherapist Milton Erickson, which he uses to influence his patients on conscious and unconscious levels, and discusses his approaches to hypnosis and psychotherapy

Many mistakenly believe an artist can succeed with artistic talent alone. But Eric Rhoads knows that there are many brilliant artists who will never be discovered and never sell any artwork. Eric Rhoads is an outdoor (plein air) landscape painter, a portrait artist, and the world's foremost art marketing expert, having guided thousands of artists to success. He has founded numerous companies, and marketed both products and art. Eric is publisher and founder of several influential and nationally distributed art magazines and newsletters, as well as popular conferences and events. Many of today's most brilliant artists remain unknown. Their plight is not new. Today, Vincent Van Gogh's works are in incredibly high demand; in fact, his portrait of Doctor Gachet recently sold for \$82.5 million. But in his lifetime Van Gogh sold only two of his 2,000 works of art. Van Gogh truly was a starving artist. Ending the stereotype of the starving artist is this book's essential purpose. It is Eric Rhoads' mission that artists no longer suffer this fate. This book will unleash your inner marketer. Under Eric's guidance, you will learn timeless marketing techniques that will allow you to live your dreams, no matter how lofty and unobtainable you think they may be.

In this day and age, when art has become more of a commodity and art school graduates are convinced that they can only make a living from their work by attaining gallery representation, it is more important than ever to show the reality of how a professional, contemporary artist sustains a creative practice over time. The 40 essays collected here in Living and Sustaining a Creative Life are written in the artists' own voices and take the form of narratives, statements and interviews. Each story is different and unique, but the common thread is an ongoing commitment to creativity, inside and outside the studio. Both day-to-day and Big Picture details are revealed, showing how it is possible to sustain a creative practice that contributes to the ongoing dialogue in contemporary art. These stories will inform and inspire any student, young artist and art enthusiast, and will help redefine what ' success ' means to a professional artist.

Glitch Feminism

If I Had Your Face

A Cultural History

There's No Such Thing as Hypnosis?

Plastic Reality

Essays

The Art of Impromptu Hypnosis

Beautiful World, Where Are You

Do you ever feel like you are underperforming in some area of your life? Like something is holding you back? What would it be like if you unleashed your real potential? These days there are all kinds of problems that introduce struggle into our lives. Like the effects of social anxiety. Everybody who has had parents knows that a lot of internal conflict arises from the process of growing up with parents. And many people have suffered some real trauma. These sometimes cause people to feel like things aren't going to get any better. And it's not like you haven't tried to fix things. Very serious people may have told you it's a chemical imbalance, or you were born this way, or suffering is the nature of life, or just go out into nature and exercise more. Some of these you took more seriously than others. Maybe you started exercising and ate better, and that helped, but something is still gnawing at you dragging you down. It doesn't have to be that way anymore. The relatable stories and hypnotic language patterns in *Change Your Past, Change Your Future* help you dissolve what drags you down, release what holds you back, and step into the life of effort without struggle. Designed to be read in one sitting, this remarkable little book by author and hypnotist Jason Andrews will help you clean the gunk out of your mind and free yourself. Jason is a hypnosis-based coach who unlocks potential. He is highly praised and often recommended to help people drop bad habits, be more effective, and find contentment in as little as one session. Learn more about Jason and his work at www.JasonAndrews.coach.

Have you ever wished magic was real? Do you ever feel powerless, as though the world has it in for you, or that nothing ever works your way? Have you wished there were a magic word you could utter that would change everything? If so, I have good news for you: magic is real. And you can use mere words to affect the people, events, objects and relationships of your life in exciting and beautiful ways. This book will teach you the technique of using Magic Words. It's the most spectacularly effective method for creating change in about any area you can think of. Magic Words is devastatingly simple to master. It takes no preparation, costs nothing, anyone can use it, and you can start using it immediately. If you are consistent with the practice, you may well see a change within just a few days. Magic Words is the technique consistently reported by my coaching clients as the most effective, and more people report success with this practice than any other. I personally use it every single day of my life. My promise is this: use Magic Words consistently as described, and you'll see massive changes too.

Self-hypnosis without the trance!

The Oxford Handbook of Hypnosis is the long overdue successor to Fromm and Nash's *Contemporary Hypnosis Research* (Guilford Press), which has been regarded as the field's authoritative scholarly reference for over 35 years. This new book is a comprehensive summary of where the field has been, where it stands today, and its future directions. The volume's lucid and engaging chapters on the scientific background to the field, fully live up to this uncompromising scholarly legacy. In addition, the scope of the book includes clinical chapters which comprehensively describe how hypnosis is best used with patients across a spectrum of disorders and settings. Authored by the world's leading practitioners these contributions are sophisticated, inspiring, and richly illustrated with

examples and session transcripts. For postgraduate students, researchers and clinicians, or anyone wanting to understand the form of treatment, this is the starting point. Unequaled in its breadth and quality, The Oxford Handbook of Hypnosis is the definitive reference text in the field.

NLP

Bruce Lee Artist of Life

Grapefruit

Hypnotherapy Training

A Toxic Love Story

Free Play

A Book of Instructions and Drawings by Yoko Ono

How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development, and Imperiling the Future of the Human Race

Inspired by artist Tamara Laporte's popular online art classes (willowing.org), Create Your Life Book presents 18 step-by-step mixed-media drawing and painting projects that encourage self-fulfillment through the creative process. Tamara's kind, non-judgmental voice guides your way. What is holding you back? Where do you want to go? Let go of the past! Use these expressive exercises to help you recognize your personal challenges and other obstacles, then work through them. Let go of limiting beliefs, find courage, feel gratitude, heal pain, and develop self-love as you playfully create. Each themed chapter presents four to five two-part projects. First, you will explore a common issue that hampers creativity and/or positive self-worth. The second portion is a step-by-step mixed-media art project designed to help you work through that issue. Just a few of the explorations: Let go of what no longer serves you by taking stock of what's holding you back, then create a zentangle butterfly to symbolize you flying away from those limiting things. Embrace and love your inner quirky bird by taking an inventory of your quirky traits, then create a bird that celebrates them. Heal old wounds by writing a letter to yourself as a child, then create a house to keep your inner child safe. Adding rich variety to the messages and art inspiration, some of the project outlines have been contributed by Tamara's guest teachers: Roxanne Coble, Andrea Gomoll, Alena Hennessy, Mystele Kirkeeng, Ivy Newport, and Effy Wild, each of whom are noted mixed-media artists in their own right. The final chapter presents a simple binding method for creating a keepsake book of your Life Book projects. Steeped in inspirational images and uplifting affirmations, Create Your Life Book can help you achieve both personal and creative growth.

After the birth of their son, Jay Sinha and Chantal Plamondon set out on a journey to eliminate plastic baby bottles as the Canadian government banned BPA. When they found it was difficult to procure glass baby bottles, Jay and Chantal made it their mission to not only find glass and metal replacements for plastic, but to make those products accessible to the public as well.

Printed on wood-free FSC (sustainable certified) paper and with BPA-free ink, Life Without Plastic strives to create more

awareness on the issue of BPA, polycarbonates and other single-use plastics, and provides readers with safe, reusable and affordable alternatives. While plastic has its uses in technology, medical and some products around the home, certain single-use plastics release chemicals when put in contact with food and water. These disposable plastics are also found in produce and cleaning products. Jay and Chantal show readers how to analyze their personal plastic use, find alternatives and create easy replacements in this step-by-step guide. Get your family healthier, spread consciousness and create positive reflection on you for helping the environment by taking action.

By the team behind the bestselling NLP: The New Technology of Achievement comes an essential new guide to NLP techniques—for self-development and influencing others—in a focused, step-by-step handbook. NLP (Neuro-Linguistic Programming) has already helped millions of people overcome fears, increase confidence, enrich relationships, and achieve greater success. Now, from the company and training team behind NLP: The New Technology of Achievement, one of the bestselling NLP books of all time, comes NLP: The Essential Guide to Neuro-Linguistic Programming \. Written by three NLP Master Practitioners and training coaches, including the president of NLP Comprehensive, with an introduction from the President of NLP Comprehensive, NLP: The Essential Guide to Neuro-Linguistic Programming guides users to peak performance in business and life, and gets specific results. In twelve illuminating sections, NLP: The Essential Guide to Neuro-Linguistic Programming leads you through dozens of “discoveries”—revelations of NLP practice that enable you to explore your own personal thinking patterns, to manage them—and to transform them. Divided into two categories, “All About You” and “All About the Other Guy,” these strategies offer a personal and interpersonal program that frees you to become better at managing your feelings instead of being dominated by them, managing your motivations, being less judgmental, more productive, more confident, more flexible, more persuasive, liked, and respected. Chapters on “Personal Remodeling” (Discovery 9: No inner enemy) and “Secrets of Making Your Point” (Discovery 31: Convey understanding and safety without talking), enhance creativity, collaboration, cooperation, and communication. Through “mind reading” techniques—non-verbal communication, and “hearing what’s missing”—learn the secrets of relating with others, understanding how they are thinking—and influencing them. A streamlined all-purpose guide for both newcomers and NLP veterans, NLP: The Essential Guide to Neuro-Linguistic Programming is the new all-in-one, eye-opening blueprint for your own ultimate success.

Introduction and explanation of each print by the artist.

A Counterintuitive Approach to Living a Good Life

My Life Inside The Room, the Greatest Bad Movie Ever Made

The Artist as Culture Producer

Methods, Techniques and Philosophies

The Psychiatric Techniques of Milton H. Erickson, M.D.

Sex in China

On Looking

My Voice Will Go with You

Originally published in 1970, "Grapefruit" remains one of the icons of a generation, with a mixture of poetic verse, drawings, mock questionnaires, and more. Line drawings.

If you want to know how hypnosis really works (and, no, it has nothing to do with waving of hands or other similar nonsense), you will want to read this book. If you want to know the "magic" behind Ericksonian techniques and Neuro-Linguistic Programming, you have to read this book. From one of the true masters of hypnotherapy, this is one book that can really change your life!!

AN INSTANT #1 NEW YORK TIMES BESTSELLER Beautiful World, Where Are You is a new novel by Sally Rooney, the bestselling author of Normal People and Conversations with Friends. Alice, a novelist, meets Felix, who works in a warehouse, and asks him if he'd like to travel to Rome with her. In Dublin, her best friend, Eileen, is getting over a break-up, and slips back into flirting with Simon, a man she has known since childhood. Alice, Felix, Eileen, and Simon are still young—but life is catching up with them. They desire each other, they delude each other, they get together, they break apart. They have sex, they worry about sex, they worry about their friendships and the world they live in. Are they standing in the last lighted room before the darkness, bearing witness to something? Will they find a way to believe in a beautiful world?

Julie A. Turnock tracks the use and evolution of special effects in 1970s filmmaking, a development as revolutionary to film as the form's transition to sound in the 1920s. Beginning with the classical studio era's early approaches to special effects, she follows the industry's slow build toward the significant advances of the late 1960s and early 1970s, which set the stage for the groundbreaking achievements of 1977. Turnock analyzes the far-reaching impact of the convincing, absorbing, and seemingly unlimited fantasy environments of that year's iconic films, dedicating a major section of her book to the unparalleled innovations of Star Wars and Close Encounters of the Third Kind. She then traces these films' technological, cultural, and aesthetic influence into the 1980s in the deployment of optical special effects as well as the "not-too-realistic" and hyper-realistic techniques of traditional stop motion and Showscan. She concludes with a critique of special effects practices in the 2000s and their implications for the future of filmmaking and the production and experience of other visual media.

The Disaster Artist

Theory, Research, and Practice

M. C. Escher

Plastic

Uncommon Therapy

An Inner Journey to Optimal Performance

Trump's Hypnosis Toolkit Exposed

Magic Words and How to Use Them

Reality is Plastic! The Art of Impromptu Hypnosis Plastic Reality Special Effects, Technology, and the Emergence of 1970s Blockbuster Aesthetics Columbia University Press

"This eloquent, elegant book thoughtfully plumbs the . . . consequences of our dependence on plastics" (The Boston Globe, A Best Nonfiction Book of 2011). From pacemakers to disposable bags, plastic built the modern world. But a century into our love affair, we're starting to realize it's not such a healthy relationship. As journalist Susan Freinkel points out in this eye-opening book, we're at a crisis point. Plastics draw on dwindling fossil fuels, leach harmful chemicals, litter landscapes, and destroy marine life. We're drowning in the stuff, and we need to start making some hard choices. Freinkel tells her story through eight familiar plastic objects: a comb, a chair, a Frisbee, an IV bag, a disposable lighter, a grocery bag, a soda bottle, and a credit card. With a blend of lively anecdotes and analysis, she sifts through scientific studies and economic data, reporting from China and across the United States to assess the real impact of plastic on our lives. Her conclusion is severe, but not without hope. Plastic points the way toward a new creative partnership with the material we love, hate, and can't seem to live without. "When you write about something so ubiquitous as plastic, you must be prepared to write in several modes, and Freinkel rises to this task. . . . She manages to render the most dull chemical reaction into vigorous, breathless sentences." —SF Gate "Freinkel's smart, well-written analysis of this love-hate relationship is likely to make plastic lovers take pause, plastic haters reluctantly realize its value, and all of us understand the importance of individual action, political will, and technological innovation in weaning us off our addiction to synthetics." —Publishers Weekly "A compulsively interesting story. Buy it (with cash)." —Bill McKibben, author of *The End of Nature* "What a great read—rigorous, smart, inspiring, and as seductive as plastic itself." —Karim Rashid, designer

Meeting House Essays in a series of papers reflecting on the mystery, beauty and practicalities of the place of worship. This popular series was begun in 1991, and each resource focuses on a particular aspect of space, design or materials and how they relate to the liturgy.

"Bruce Lee was known as an amazing martial artist, but he was also a profound thinker. He left behind seven volumes of writing on everything from quantum physics to philosophy." — John Blake, CNN Named one of TIME magazine's "100 Greatest Men of the Century," Bruce Lee's impact and influence has only grown since his untimely death in 1973. Part of the seven-volume Bruce Lee Library, this installment of the famed martial artist's private notebooks allows his legions of fans to learn more about the man whose groundbreaking action films and martial arts training methods sparked a worldwide interest in the Asian martial arts. Bruce Lee Artist of Life explores the development of Lee's thoughts about Gung Fu (Kung Fu), philosophy, psychology, poetry, Jeet Kune Do, acting, and self-knowledge. Edited by John Little, a leading authority on Lee's life and work, the book includes a selection of letters that eloquently demonstrate how Lee incorporated his thought into actions and provided advice to others. Although Lee rose to stardom through his physical prowess and practice of jeet kune do—the system of fighting he founded—Lee was also a voracious and engaged reader who wrote extensively, synthesizing Eastern and Western thought into a unique personal philosophy of self-discovery. Martial arts practitioners and fans alike eagerly anticipate each new volume of the Library and its trove of rare letters, essays, and poems for the light it sheds on this legendary figure. This book is part of the Bruce Lee Library, which also features: Bruce Lee: Striking Thoughts Bruce Lee: The Celebrated Life of the

Golden Dragon Bruce Lee: The Tao of Gung Fu Bruce Lee: Letters of the Dragon Bruce Lee: The Art of Expressing the Human Body Bruce Lee: Jeet Kune Do

Mixed-Media Art Projects for Expanding Creativity and Encouraging Personal Growth

Proven Techniques for Turning Your Passion Into Profit

Mentalist Psyche

The Practical Step-by-Step Guide to Avoiding Plastic to Keep Your Family and the Planet Healthy
Count Down

The Amazingly Simple Way to Use Self-Hypnosis to Change Your Life

Inspiration and Insights from the World's Greatest Martial Artist

Improvisation in Life and Art

A New York Times Best Art Book of 2020 A new manifesto for cyberfeminism The divide between the digital and the real world no longer exists: we are connected all the time. How do we find out who we are within this digital era? Where do we create the space to explore our identity? How can we come together and create solidarity? The glitch is often dismissed as an error, a faulty overlaying, but, as Legacy Russell shows, liberation can be found within the fissures between gender, technology and the body that it creates. The glitch offers the opportunity for us to perform and transform ourselves in an infinite variety of identities. In Glitch Feminism, Russell makes a series of radical demands through memoir, art and critical theory, and the work of contemporary artists who have travelled through the glitch in their work. Timely and provocative, Glitch Feminism shows how the error can be a revolution.

NEW YORK TIMES BESTSELLER • This essay collection from the “bitches gotta eat” blogger, writer on Hulu’s Shrill, and “one of our country’s most fierce and foulmouthed authors” (Amber Tamblyn, Vulture) is sure to make you alternately cackle with glee and cry real tears. Whether Samantha Irby is talking about how her difficult childhood has led to a problem in making “adult” budgets; explaining why she should be the new Bachelorette (she’s “35-ish, but could easily pass for 60-something”); detailing a disastrous pilgrimage-slash-romantic-vacation to Nashville to scatter her estranged father’s ashes; sharing awkward sexual encounters; or dispensing advice on how to navigate friendships with former drinking buddies who are now suburban moms (hang in there for the Costco loot!); she’s as deft at poking fun at the ghosts of her past self as she is at capturing powerful emotional truths.

An eight-time national chess champion and world champion martial artist shares the lessons he has learned from two very different competitive arenas, identifying key principles about learning and performance that readers can apply to their life goals. Reprint. 35,000 first printing.

This recently discovered manuscript by the celebrated artist Mark Rothko offers a landmark discussion of his views on topics ranging from the Renaissance to contemporary art, criticism, and the role of art and artists in society.

Self-Hypnosis Revolution

Experience on Demand: What Virtual Reality Is, How It Works, and What It Can Do

Living and Sustaining a Creative Life

Letter to Artists

The Proven System to Reshape Your Memories, Find Emotional Freedom, and Become Who You're Meant to Be
Reality is Plastic!

A Novel

A Walker's Guide to the Art of Observation

The first collection of Mark Rothko's writings, which range the entire span of his career While the collected writings of many major 20th-century artists, including Barnett Newman, Robert Motherwell, and Ad Reinhardt, have been published, Mark Rothko's writings have only recently come to light, beginning with the critically acclaimed *The Artist's Reality: Philosophies of Art*. Rothko's other written works have yet to be brought together into a major publication. *Writings on Art* fills this significant void; it includes some 90 documents--including short essays, letters, statements, and lectures--written by Rothko over the course of his career. The texts are fully annotated, and a chronology of the artist's life and work is also included. This provocative compilation of both published and unpublished writings from 1934--69 reveals a number of things about Rothko: the importance of writing for an artist who many believed had renounced the written word; the meaning of transmission and transition that he experienced as an art teacher at the Brooklyn Jewish Center Academy; his deep concern for meditation and spirituality; and his private relationships with contemporary artists (including Newman, Motherwell, and Clyfford Still) as well as journalists and curators. As was revealed in Rothko's *The Artist's Reality*, what emerges from this collection is a more detailed picture of a sophisticated, deeply knowledgeable, and philosophical artist who was also a passionate and articulate writer.

Choice Outstanding Academic Title for 2015 *Sex in China* introduces readers to some of the dramatic shifts that have taken place in Chinese sexual behaviours and attitudes, and public discussions of sex, since the 1980s. The book explores what it means to talk about 'sex' in present-day China, where sex and sexuality are more and more visible in everyday life. Elaine Jeffreys and Haiqing Yu situate China's changing sexual culture, and how it is governed, in the socio-political history of the People's Republic of China. They demonstrate that Chinese governmental authorities and policies do not set out strictly to repress 'sex'; they also create spaces for the emergence of new sexual subjects and subjectivities. They discuss the complexities surrounding the ongoing explosion of commentary on sex and sexuality in the PRC, and the emergence of new sexual

behaviours and mores. Sex in China offers clear, critical coverage of sex-related issues that are a focus of public concern and debate in China - chapters focus on sex studies; marriage and family planning; youth and sex(iness); gay, lesbian and queer discourses and identities; commercial sex; and HIV/AIDS. This book will be an invaluable resource for students and scholars both of modern China and of sex and sexualities, who wish to understand the role that 'sex' plays in contemporary China.

#1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let's be honest, shit is f**ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. The Subtle Art of Not Giving a F**k is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, The Subtle Art of Not Giving a F**k is a refreshing slap for a generation to help them lead contented, grounded lives.

Presents a humorous ode to cinematic hubris, discussing the story of the mysteriously wealthy misfit, Tommy Wiseau, the producer, director, and star of the "The Room," which later became an international cult film despite making no money at the box office.

Philosophies of Art

American Plastic

Make More Money Selling Your Art

The Art of Learning

Essays by 40 Working Artists

The Graphic Work

Life Without Plastic

In the tradition of *Silent Spring* and *The Sixth Extinction*, an urgent, meticulously researched, and groundbreaking book about the ways in which chemicals in the modern environment are changing—and endangering—human sexuality and fertility on the grandest scale, from renowned epidemiologist Shanna Swan. In 2017, author Shanna Swan and her team of researchers completed a major study. They found that over the past four decades, sperm levels among men in Western countries have declined by more than 50 percent. They came to this conclusion after examining 185 studies involving close to 45,000 healthy men. The result sent shockwaves around the globe—but the story didn't end there. It turns out our sexual development is changing in broader ways, for both men and women and even other species, and that the modern world is on pace to become an even more toxic one. How and why could this happen? What is hijacking our fertility and our health? *Count Down* unpacks these questions and what Swan and other researchers have learned about how both lifestyle and chemical exposures are affecting our fertility and development—potentially including the increase in gender fluidity—and general health as a species. Engagingly explaining the science and repercussions of these worldwide threats and providing simple and practical guidelines for effectively avoiding chemical goods (from water bottles to shaving cream) both as individuals and societies, *Count Down* is at once an urgent call, an illuminating read, and a vital tool for the protection of our future.

Solves the puzzle of how Trump gains and keeps loyal support. Reveals the motive behind his weird handshakes, his stammered speech and pale eyes. Trained or a natural, Trump uses hypnosis tools to create compliance - and other politicians do the same. Learn to spot when you are being manipulated and to use hypnosis to ensure your opinions are your own.

"(Meikle) traces the course of plastics from 19th-century celluloid and the first wholly synthetic bakelite, in 1907, through the proliferation of compounds (vinyls, acrylics, nylon, etc.) and recent ecological concerns".--PUBLISHERS WEEKLY. Winner of the 1996 Dexter Prize from the Society for the History of Technology and a 1996 CHOICE Outstanding Academic Book with illustrations.

A riveting debut novel set in contemporary Seoul, Korea, about four young women making their way in a world defined by impossible standards of beauty, after-hours room salons catering to wealthy men, ruthless social hierarchies, and K-pop. "Powerful and provocative . . . a novel about female strength, spirit, resilience—and the solace that friendship can sometimes provide."

provide.”—The Washington Post NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • NPR • Esquire • Bustle • BBC • New York Post • InStyle Kyuri is an aching beautiful woman with a hard-won job at a Seoul “room salon,” an underground bar where she entertains businessmen while they drink. Though she prides herself on her cold, clear-eye to life, an impulsive mistake threatens her livelihood. Kyuri’s roommate, Miho, is a talented artist who grew up in an orphanage but won a scholarship to study art in New York. Returning to Korea after college, she finds herself in a precarious relationship with the heir to one of the country’s biggest conglomerates. Down the hall in their building lives Ara, a hairstylist whose preoccupations sustain her: an obsession with a boy-band pop star, and a best friend who is saving up for the extreme surgery that she hopes will change her life. And Wonna, one floor below, is a newlywed trying to have a baby that she and her husband have no idea how they can afford to raise in Korea’s brutal economy. Together, their stories tell a gripping tale that is both unfamiliar and unmistakably universal, in which their tentative friendships may turn out to be the thing that ultimately saves them.

The Oxford Handbook of Hypnosis

Concerning the Spiritual in Art

Create Your Life Book

We Are Never Meeting in Real Life.

Monsters & Magical Sticks

Writings on Art

Change Your Past, Change Your Life

Case histories are presented to illustrate the use of hypnosis in psychiatric therapy by Dr. Milton H. Erickson

Free Play is about the inner sources of spontaneous creation. It is about where art in the widest sense comes from. It is about why we create and what we learn when we do. It is about the flow of unhindered creative energy: the joy of making art in all its varied forms. Free Play is directed toward people in any field who want to contact, honor, and strengthen their own creative powers. It integrates material from a wide variety of sources among the arts, sciences, and spiritual traditions of humanity. Filled with unusual quotes, amusing and illuminating anecdotes, and original metaphors, it reveals how inspiration arises within us, how that inspiration may be blocked, derailed or obscured by certain unavoidable facts of life, and how finally it can be liberated - how we can be liberated - to speak or sing, write or paint, dance or play, with our own authentic voice. The whole enterprise of improvisation in life and art, of recovering free play and awakening creativity, is about being true to ourselves and our visions. It brings us into direct, active contact with boundless creative energies that we may not even know we had.